THE NUTRITIONAL, MEDICINAL & ECONOMIC USES OF

Moringa oleifera

By SOLOMON TERNDER

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INTRODUCTION

WHAT IS THIS MORINGA?

Moringa oleifera is a small, graceful, deciduous tree with sparse foliage, often resembling a leguminous species at a distance, especially when in flower, but immediately recognized when in fruit. The tree grows to 8 m high if allowed to grow without trimming. The bark of the tree is smooth, dark grey. The wood is soft. Leaves alternate, the old ones soon falling off. Leaflets are dark green above and pale on the under surface; variable in size and shape, but often rounded-elliptic, seldom as much as 2.5 cm long.

Where is this Moringa's origin?

Moringa is said to have originated from India. Over the centuries, the Moringa tree has been carried to all the tropical parts of the world, where it readily takes root. Moringa tree is commonly used for food, for medicinal purposes, as a wind-break in fields, and many other purposes. Ancient Egyptians treasured Moringa oil as protection for their skin from the ravages of desert weather. Later, the Greeks found many healthful uses for Moringa and introduced it to the Romans.

WHY MORINGA IS CALLED THE MIRACLE TREE AND TREE OF LIFE

Many plants and trees are beneficial to mankind, but few are as giving as the Moringa Oleifera tree. Moringa trees have a list of medicinal, nutritive, and practical uses that are second to none. A single Moringa tree can provide leaf for nutrition, oil for cooking

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and healthy skin, seed cake for water purification and wood to build shelter and keep you warm.

The Moringa tree thrives in arid conditions, where its benefits are most valuable and most needed. Living up to its nickname as a miracle tree, Moringa is the basis of many health and nutrition programs funded by various charitable organizations. Moringa leaf capsules and bulk leaf powder are an incredible nutritional supplement with more than 30% protein, all of the essential amino acids, 27 vitamins and 46 antioxidants.

Moringa is truly a gift to the impoverished in parts of the world where life is hard and nutrition is scarce.

In many cultures, the phrase used to identify the Moringa tree translates as the Tree of Life. This term may bring religious meaning to mind, but in truth, cultures worldwide share the symbolism of the Tree of Life as a symbol for life, growth and change. Moringa is known as a tree of life because its many gifts are life-giving. Amazingly, in addition to basic nutrition and water-purifying properties. Moringa's health benefits have been used in the prevention/management of more than 300 ailments.

Within the past ten years, Moringa oleifera, a tropical, multipurpose tree has grown from being practically unknown, even unheard of, to being a new and promising nutritional and economic resource for developing countries. The leaves, which are easy to grow and rich in proteins, vitamins and minerals, are becoming widely used in projects fighting against malnutrition. Producing moringa leaves is also a means of generating agricultural income, developing the food processing industry and founding new businesses. The **moringa tree grows widely in Africa, where, up until recently, it was used solely around houses to form hedges or to give shade.** Occasionally it

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was used for medicinal purposes or collected for food. The Hausa from Niger and Nigeria, who eat the moringa leaves as a vegetable, are the only ones who have been, for decades now, growing and selling this product. At the end of the 1980s, moringa was being studied by a few researchers, uniquely for its water-treatment properties.

Information about the Moringa tree is becoming more readily available as the Moringa tree continues to grow in popularity. This is evidenced by web sites offering Moringa trees for sale in places where it is a non-native plant. Moringa trees grow rapidly – almost as fast as bamboo! - And need to be pruned weekly. In addition to seedlings, you can also start your own Moringa tree by planting Moringa seeds, which will germinate and grow rapidly for you to enjoy.

There are very few species of plant on earth that deserve the name of a miracle tree, but the Moringa tree is certainly one of these selected few species. Rapid growth, powerful nutrition, skin vitality, water purification, and many other significant uses put the Moringa tree at the top of the list for the world's trees of life.

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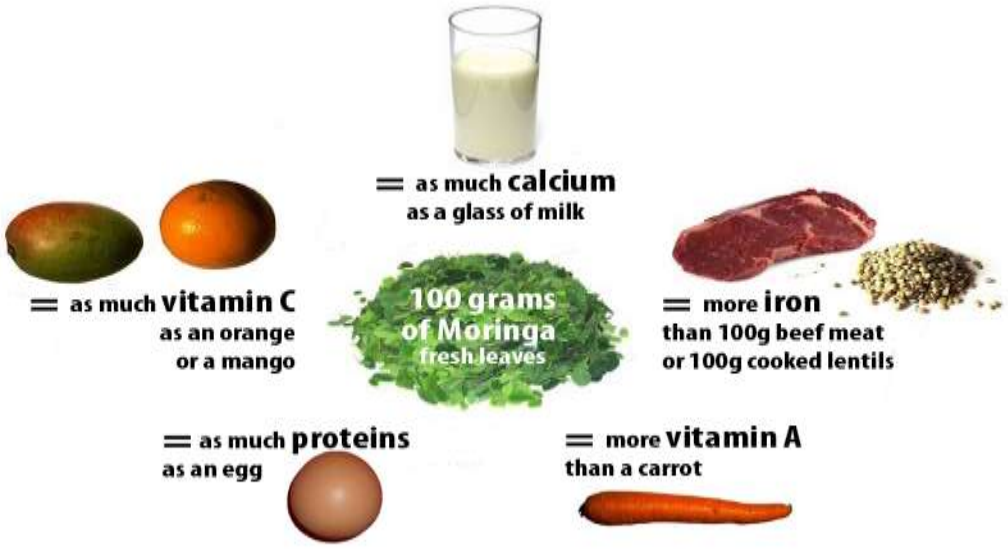
MORINGA, A GREEN "SUPERFOOD"

The leaves of Moringa, this small tree found in the tropics, were recently identified by the *World Vegetable Center* (Taiwan) as **the vegetable with the highest nutritional value among 120 types of food species** studied. Easy to cultivate and resistant to drought, this tree produces abundant leaves with a **high concentration of proteins, vitamins, and minerals**: 100 grams of fresh Moringa leaves provide the same amount of protein as an egg, more iron than a steak, as much Vitamin C as an orange, and as much calcium as a glass of milk.



Moringa grows throughout the developing world and has already been **used by programs to reduce child malnutrition** in India. For over forty years, **WORLD HEALTH ORGANISATION (WHO) has been using the tree to combat malnutrition**.

Its dried leaves, in powder form, can be easily preserved and used. Eating 30 grams a day, a child can satisfy all his daily requirement of Vitamin A, 80% of daily calcium needs, 60% of daily iron needs, and nearly 40% of protein needs.

Given the world food crisis, the use of local resources like Moringa is critical to reduce the dependence of developing countries n imported goods, and to improve nutrition among poor households. Two or three trees in a courtyard are sufficient for the needs of one family.

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AMAZING FACTS ABOUT MORINGA TREE!

Below are some amazing facts about this miracle tree.

Medicinal Values of Moringa starting with the Leaves:

Moringa Leaves relieve headaches, expel worms, relieves swelling, and heals skin diseases, inflammation of the eyes and ears, bronchitis and inflammation of mucous membranes, scurvy and increase milk production (quality and quantity) in lactating women, i.e. breastfeeding mothers.

Moringa Flowers are a good tonic, expel worms, treat tumors and enlarged spleen, relieve sore throat, and treat anxiety.

Moringa Pods & seeds purify water, treat tooth ache from tooth decay, expel worms, treat problems of the liver and spleen, and relieve joint pain

Moringa Roots are used as a laxative and to treat spasms of the colon, treat circulation problems, high blood pressure, kidney dysfunctions and low back pain; for gout, asthma and hiccoughs.

Fresh leaves are said to be inserted into the nose of a comatose person, who is then aroused from the coma!

In laboratory tests the leaf extract of Moringa lowers blood sugar within three hours, heals stomach ulcers, is a powerful muscle relaxant, reducing blood pressure and causing sleep. Also in laboratory tests, juice extract from leaves and bark have shown antibacterial and antiviral properties, and show strong activity against the tuberculosis bacteria.

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SOME TRADITIONAL HERBAL REMEDIES WITH MORINGA

Many people said that Moringa had helped greatly to improve their general health. Some said that their short sight had improved.

1. CUTS AND WOUNDS

Pound fresh leaves into a paste. Cover the wound with this paste, bandage and leave for 3 days.

2. A WOMAN HAS GIVEN BIRTH AND IS BLEEDING.

Pound fresh leaves add a little water and give her to drink.

3. PREVENTION OF POLIO.

Give flowers to children to eat to prevent polio.

4. CHRONIC SORES

Take some roots, wash them and scrape the outside layer off. Heat in water. Use the water to wash the wound. Then dress as outlined in number 1 above

5. EPILEPSY.

Pound the bark or the roots of a mature tree. Add tender leaves and a little water. Smear this paste over the face and the whole body. Also put a little of the pounded root in a handkerchief and inhale.

6. TO BRING FEVER DOWN.

Dip a Moringa branch into water and stroke the whole body. Then give Moringa tea to drink.

7. SNAKE AND SCORPION BITES.

Pound the root, add leaves and apply to the bite. Stops the poison from spreading.

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8. SHORT SIGHT.

Wash the flowers in salt water, chew and swallow. Take three times daily. Or cook the flowers in palm oil.

9. TO CLEANSE THE BLOOD.

Wash the root and remove the bark (not the “bast”, i.e. the inner layer immediately under the bark that carries the sap from the roots to the leaves). Put into water that has just boiled and has been removed from the heat. The water changes colour. Mix with a few Moringa leaves. Thereafter, take every day take Moringa leaves in water.

10. BRAIN POWER FOR SCHOOL CHILDREN – especially under-performing children.

Wash Moringa root, remove the bark and soak in water for two days until the water changes color (brown / pink). Remove the roots, take one cup of the liquid and mix with half a cup of honey. Give to the child first thing in the morning – then he should have no breakfast until 9 o'clock. He can even take it again in the evening. Prepare this root water fresh every day.

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POWERFUL AND HIGHLY POTENT MORINGA SEEDS

The Moringa Oleifera tree provides some of the most useful and valuable seeds on earth. The Moringa Oleifera seeds create powerful and natural medicines used to heal a variety of ailments. In addition, Moringa Oleifera seeds are used to purify water, feed animals and cooking. The extracts can produce powerful fertilizers and pesticides that keep other plants healthy.

While many parts of Moringa Oleifera trees are deemed useful, the seeds are especially prized for their medicinal powers. The seeds have valuable properties that enable them to treat a wide array of illnesses and conditions. These include rheumatism, gout, sexually transmitted diseases, urinary infections, boils, and even epilepsy. When used as medicine, the seeds are pounded and mixed with coconut oil. Often, seed oil derived from the Moringa Oleifera seeds will be used in place of the mashed seeds. Moringa Oleifera seeds, when fresh, are eaten like green peas. The peas are harvested until they harden and strained or boiled to remove the bitter coating.

Moringa Oleifera **seed powder** is particularly effective in purifying water. This is important in many societies, where the only drinking water available may come from a dirty river or lake. The Moringa Oleifera seed powder removes dirt by joining with the particles and sinking to the bottom. It also is extremely effective in removing harmful bacteria from bodies of water. Moringa Oleifera seed powder is much more economical, and arguably, safer than aluminum sulfate (ALUM) and other chemicals

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traditionally used in water purification. **No wonder the Nigerian Government has set up a water treatment plant in Kaduna State which utilizes moringa seeds**. Moringa Oleifera seeds treat illness, purify water and provide delicious meals. These useful seeds prove the need for traditional medicine in today's world.

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HOW TO EAT MORINGA SEEDS FOR WEIGHTLOSS AND OTHER BENEFITS

Moringa seeds give good results like **weight loss**(for those trying to shed weight); **diabetes**(for those suffering from high sugar level), chronic pains as in **arthritis**, energy boost, good sleep(for those suffering from insomni**a**). Insomnia is a medical term for those having trouble falling asleep or staying asleep, etc.

Almost daily People ask me questions like: ***How many moringa seeds should I take in a day? Should I peel the seeds before taking? Should I swallow the seeds?*** Sounds funny isn't it? *For more questions and anwers, click here*. But exactly how should moringa seeds be taken? How many seeds are too much per time/day? Read on to get answers to your questions...

One day, I gave a good friend of mine some moringa seeds to take home. I warned him not to give to his pregnant wife and added- "***se your wife dey pregnant na? You can do and do and do....***" and both of laughed out loud, knowing what I was talking about *codedly*.

But Surprisingly, the following day he came visiting, this time around with moringa seeds in his hands, peeling and chewing as we talked. Then I inquired to know how many seeds he took, assuming he knew the maximum number of moringa seeds he is to consume in a day. You know what my friend said? "I have eaten more than twenty (20) already only this morning...my daughter is also eating with me. I eat them like groundnuts..."

I could not help but scream! That was way too much! Another surprise? He did not frequent the toilet as others do when they eat just two (2) seeds a day. Now that was by the way. Let's face the business for the day.

So...

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.....exactly how do I eat moringa seeds to achieve desired results?

Below are few tips to help you make the most of the moringa seeds you've got so as not to do more harm than good to yourself. Did I say "more harm"? Yes! Too much of everything is BAD!

RULE NO. 1

DO NOT EAT ***MORINGA SEEDS*** ON AN ***EMPTY STOMACH***!

It is not advisable to eat moringa seeds when you have not taken any food before, especially early in the morning. What will happen if I do that? Good question. It may cause you to purge. Although that is not a bad one entirely because it is the after-effect of detoxification. So if you are ready to frequent the toilet, go ahead... But I will advice you to do that only when you want to see that result-DETOXIFICATION.

RULE NO. 2

DO NOT EAT **MORINGA SEEDS** WITH THE COVERING(PEELS)

It is not hygienic eating the moringa seeds with the bark on. Again, for every rule there is an exception. Therefore for those who want to achieve faster weight-loss, make sure you wash the moringa seeds with water and salt and rinse at least twice. DON'T USE ANY DETERGENT FOR WASHING! Laughs...

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Moringa seeds with shells(peels)

Moringa seed without shell(peeled)

Then you can eat them that way. Like I said, if you want to loose weight with moringa seeds, that is the trick... Having said that, I need to also tell you the reason behind it isn't it? ***Moringa seeds*** back(covering) are very fibrous! I have just told you a million-dollar secret! You must pay me for that! Smiles...

RULE NO. 3

DO NOT EAT **MORINGA SEEDS** IF YOU ARE **PREGNANT**!

Now read this slowly again and again... If you are pregnant, please STOP taking ***moringa seeds*** until after delivery. But can you be taking other moringa products, Yes! Especially the moringa leaves/leaf powder. But for the seeds, please STOP! Incidentally, if you are looking for the fruit of the womb, or trying to conceive(TTC), moringa seeds are A MUST for you. Can you see the irony there? Yes, that is MORINGA for you.

RULE NO. 4

DO NOT EAT MORE THAN TWO (2) MORINGA SEEDS PER TIME!

Yes! You read right. Do not mind my friend who ate over 20 seeds at a go. That is not correct. Eat a maximum of two (2) moringa seeds per time. In fact, if you are eating for the first time,

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start with one (1). Subsequently you may take two. How many should I take in a day? Did I hear you ask that? Four*. Why did I asterisk the four? Because that is the very much we recommend to our clients, depending on their peculiar conditions.... Don't ask me further questions... ☺

Now...

Benefits of taking *moringa seeds*

Here is a rundown of the **nutritional**, **environmental, and economic** and **health** benefits of ***moringa seeds***. This is not an exhaustive list. Moringa seeds are very helpful for:

1. The oil from moringa seed is considered an excellent TONIC! No wonder, as it contains a muititude of **vitamins** and **beneficial** substances
2. Moringa seeds contain between 30-42% oil, with 13% saturated fats and 82% unsaturated fatty acids **(those considered very beneficial in the diet).**
3. Moringa seeds contain phytochemicals with known powerful antioxidant ability such as kaempferol, quercetin, rutin, and caffeoylquinic acids.
4. **Increased energy**
5. **Poor vision** or other eye problems- not blindness!
6. **Brain boost**
7. Helps with ***staphylococcus aureus***.
8. Aids in **sleeeplessness**-insomnia
9. Helps with **constipation**
10. ***Moringa seeds*** are rich in Oleic acid, Oleic acid is typically associated with olive oil, as the latter is one of the main sources of this unsaturated fat(good fat) in the diet.

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11. **Moringa seeds** are rich in the vitamins A and C and the mineral iron. Vitamin A is important for eye health and night vision, healthy skin, hair and nails and cell growth. Vitamin C is an important antioxidant that protects you from the damaging effects of free radicals. It is also important in wound healing, immune function and collagen synthesis. Iron is an important component of red blood cells and a low intake causes iron-deficiency anaemia.

12. **Antibacterial Effect**

The June 2010 issue of "Revista do Instituto de Medicina Tropical de Sao Paulo" reported that researchers have discovered that extracts from the moringa seeds have antibacterial effects. In this study, the extract exhibited a bactericidal effect against Staphylococcus aureus, Vibrio cholerae and Escherichia coli. This gives credence to the use of moringa seeds and leaves as an antiseptic in traditional medicine.

13. **Moringa oil** can be extracted from Seeds. Ben oil, as it is called is an essential oil-one of the best worldwide with many applications. For more on moringa oil, read this post.

14. ***Moringa seeds*****(and seed cake obtained after oil extraction)** are being used for water treatment-dirty water, not your clean tap water. Don't say I said so...

15. ***Moringa Seeds*** can be planted and you have other moringa trees growing. Please plan to plant moringa this year and smile to the banks for the rest of your life.

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HOW TO TREAT DIRTY WATER USING MORINGA SEEDS

Using natural materials to clarify water is a technique that has been practiced for centuries and of all the materials that have been used, seeds of the Moringa have been found to be one of the most effective. Studies have been conducted since the early 1970's to test the effectiveness of Moringa seeds for treating water. These studies have confirmed that the seeds are highly effective in removing suspended particles from water with medium to high levels of turbidity (Moringa seeds are less effective at treating water with low levels of turbidity).

***Moringa oleifera* seeds** treat water on two levels, acting both as a coagulant and an antimicrobial agent. It is generally accepted that Moringa works as a coagulant due to positively charged, water-soluble proteins, which bind with negatively charged particles (silt, clay, bacteria, toxins, etc) allowing the resulting "flocs" to settle to the bottom or be removed by filtration. The antimicrobial aspects of Moringa continue to be researched. Findings support recombinant proteins both removing microorganisms by coagulation as well as acting directly as growth inhibitors of the microorganisms. While there is ongoing research being conducted on the nature and characteristics of these components, it is accepted that treatments with Moringa solutions will remove 90-99.9% of the impurities in water.

Solutions of Moringa seeds for water treatment may be prepared from seed kernels or from the solid residue left over after oil extraction (press cake). Moringa seeds, seed kernels or dried press cake can be stored for long periods but Moringa solutions for treating water should be prepared fresh each time. In general, 1 seed kernel will treat 1 liter of water.

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STEPS FOR HOUSEHOLD WATER TREATMENT

1. Collect mature *Moringa oleifera* seed pods and remove seeds from pods.

2. Shell seeds (remove seed coat) to obtain clean seed kernels; discard discolored seeds.

3. Determine quantity of kernels needed based on amount and turbidity of water. In general 1 seed kernel will treat 1 liter of water.

4. Crush appropriate number of seed kernels (using grinder, mortar & pestle, etc) to obtain a fine powder and sift the powder through a screen or small mesh.

5. Mix seed powder with a small amount of clean water to form a paste.

6. Mix the paste and 250 ml (1 cup) of clean water into a bottle and shake for 1 minute to activate the coagulant properties and form a solution.

7. Filter this solution through a muslin cloth or fine mesh screen (to remove insoluble materials) and into the water to be treated.

8. Stir treated water rapidly for at least 1 minute then slowly (15-20 rotations per minute) for 5-10 minutes.

9. Let the treated water sit without disturbing for at least 1-2 hours.

10. When the particles and contaminants have settled to the bottom, the clean water can be carefully poured off.

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11. This clean water can then be filtered or sterilized to make it completely safe for drinking.

DANGERS!!

- Secondary Infection: The process of shaking and stirring must be followed closely to activate the coagulant properties; if the flocculation process takes too long, there is a risk of secondary bacteria growth during flocculation.
- Recontamination: The process of settling is important. The sediment at the bottom contains the impurities so care must be taken to use only the clear water off the top and not allow the sediment to re-contaminate the cleared water.
- Additional contaminants: Moringa treatment does not remove 100% of water pathogens. It is acceptable for drinking only where people are currently drinking untreated, contaminated water.

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MORINGA OIL: EXOTIC, SKIN-FRIENDLY, AND WONDERFULLY NUTRITIOUS

Moringa oil comes from the seeds of the Moringa Oleifera tree; Moringa Oleifera seeds harvested from their pods yield approximately 35 - 40% oil, known as Ben oil (from the high concentration of behenic acid contained in the oil). The Moringa seed oil is clear and odorless, and remarkably the oil does not become rancid for several years after it is produced.

Although Moringa oil is viable for use as cooking oil, ***its high demand and low levels of production do not make it conducive for everyday use as a dietary product.*** It therefore calls for mass plantation of Moringa to meet the demand for it. However, small amounts of Moringa oil are often used in recipe calling for a rich, nutty flavor, such as stir-fried dishes and marinades. Moringa oil is also occasionally used as a dressing for vegetables, salads, and other green dishes.

The bright yellow oil with a pleasant taste has been compared in quality with olive oil. Moringa oil possesses exceptional **oxidative stability** which may explain why the Egyptians placed vases of Moringa oil in their tombs. Moringa oil is very long lasting oil with a shelf life of up to five (5) years.

MORINGA OIL HAS NUMEROUS APPLICATIONS.

The following are some of the other uses of Moringa oil

1. Moringa oil has tremendous **cosmetic value.**
2. Moringa oil is used in body and hair care as a **moisturizer** and **skin conditioner**.
3. Moringa oil has been used as a perfume base.
4. Moringa oil can also be used as a fuel (i.e. biodiesel)

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5. Moringa oil is used for oiling machinery.
6. Moringa oil can also be used to produce soap and finally
7. Moringa oil can also be used in food.

The Moringa oil, cold pressed from its seeds is full of fatty acids, vitamins A and C. Moringa oil is light and spreads easily on the skin. It is best for massage and aromatherapy applications. Moringa oil is used in the following range of cosmetic products.

- Anti aging, wrinkle creams
- Hair care products
- Soaps and Liquid body wash
- Aromatherapy oils
- Massage Oil
- Face creams
- Perfumes and Deodorants.

Moringa oil has exceptional anti aging properties. The antioxidants and the nutrients present in the Moringa oil help to curb the activity of the free radicals on the skin. The free radicals are the agents that cause damage to the skin tissues and pave way for skin wrinkles. Antioxidants rich Moringa Oil curbs the activities of free radicals and hence finds a place in the anti ageing creams.

Moringa oil can be used in creams, lotions, balms, scrubs, body oils, and hair care formulations at the ratio of 3-100%. It is rich in Palmitoleic, Oleic and Linoleic acids, Vitamins A and C and unsaturated fatty acid.

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Moringa oil has nourishing and emollient properties giving it benefits for use in skin and hair care products. Moringa oil, as olive oil is useful in lifting dirt out of the hair and is an efficient natural cleanser. Good antioxidant properties, considered to be the factor behind its remarkable stability. By simply wetting the hair, massaging the oil into the scalp and rinsing can effectively clean and moisturize the scalp. Moringa oil is an excellent Massage Oil, which leaves the skin with a silky feeling. Perfume manufacturers esteem the oil for its great power of absorbing and retaining even the most fugitive odours.

Skin moisturizing benefits are derived from the fact that Moringa seed oil is high in vitamins A and C and unsaturated fatty acids. Moringa oil contains antiseptic and anti-inflammatory properties, which help heal minor skin complaints such as cuts, bruises, burns, insect bites, rashes and scrapes quickly. Moringa oil is a very stable carrier which is highly nutritious to the skin and similar in composition to olive oil. Moringa oil is a powerful natural antioxidant with excellent skin smoothing properties.

The addition of Moringa seed oil produces a rich and creamy lather and, unlike any other plant-based oil, actually increases the cleansing ability

- It clears pimples and prevents recurrence, if used regularly
- It removes wrinkles & will prevent sagging of facial muscles
- Helps clears black heads & spots.
- Makes face glow.
- Helps to tighten the skin pores.
- It is able to purify the skin, balance the secretion of oil & remove skin fatigue. Regular use diminishes the formation of blackheads for all skin types. Counteracts the effect of pollution
- Keeps skin healthy and glowing.

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There are reports of Moringa being used in cosmetic preparations as far back as 1400 BC, wherein an allegedly successful remedy to treat wrinkles consisted of: gum of frankincense wax; fresh Moringa oil; Cyprus grass. The mixture was ground finely, mixed with fermented plant juice, and applied daily.

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Infant Massage Oil Benefits:

- To calm and soothe your newborn through the healing touch of massage
- To alleviate and prevent the pain of colic
- For improved circulation throughout your baby's body
- For after-bath or bedtime relaxation
- To aid neurological development

FOOD

This oil is known as the most stable natural oil, which is a good source of behenic acid and is used as a **preservative** in food industries. For instance, it has been used to preserve bread in Benue State, Nigeria. The bread lasted for a long time without going bad! It is an excellent salad oil. The Moringa oil has Odorless to mild nutty flavour. It is also used as vegetable cooking oil. Due to its high quantities of Oleic Acids (Mono-Unsaturated Fatty Acid) is good for sautéing and deep frying. The bright yellow oil with a pleasant taste has been compared in quality with olive oil. It can also be used in dressings. (Smoke point unknown). The Moringa oil is clear, sweet and odorless. I believe if made available, it can replace other oils for cooking all your favourite dishes!

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HOW TO GROW THE MORINGA PLANT…

Every home should grow at least 1 moringa tree.

And did you know you could make millions from a moringa plantation?

Moringa can be propagated from seeds or from mature cuttings (brown wood).

Seed propagation

Purchase or collect your supply of seeds from reliable sources. A good seed should be viable, clean and disease free. Seeds should not be stored over long periods as they lose viability (germination capacity) after about one year. **There are around 3500 moringa seeds (with their shell) in a kilo.** Seeds may be sown in containers, in seedbeds or directly in the field. Direct seeding is preferable when the germination rate is high, which is the case with Moringa oleifera.

Seeds must be sown at a maximum depth of 2 cm. Deeper seeding will greatly reduce the germination rate. One or two seeds per pit can be sown. When seeds are expensive or difficult to acquire, a better option is to plant one seed only and to wait two weeks for germination to occur. Then, the empty spaces are refilled. When the seed quality is more uncertain or the seeding period not optimal, use two seeds per pit.

If the two seeds germinate, the weaker plant can be removed after they reach about 30 cm. This must be done carefully to avoid damaging the root system of the remaining plant. Transplanting seedlings produced by direct seeding is not advised, as there is a high risk of damaging the taproot.

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Moringa seeds germinate 5 to 12 days after seeding. If the seed has not germinated after two weeks, it will not and must be replaced. If neither of the two seeds germinates, the pit must be opened to check if there is a localized insect attack (ants or termites). If this is the case, the pit must be treated with a neem leaf solution or, better yet, with neem oil mixed with soapy water. Then seeding can be done again.

Propagation in Containers

Suitable containers are polyethylene bags or sacks prefilled with damp loamy soil popularly known as "Top soil". Sowing depth should be no more than 2 cm. Seeds should germinate within 5-12 days after sowing.

Place the bag(s) in a slightly shaded area and where they are protected from heavy rains. If this is not possible, make a set of small incisions (2-3) on the polybag to serve as drains to avoid water logging. Water the seed every 2 to 3 days depending on the dampness of the soil, 10-20 ml of water applied to each bag is recommended. At this stage the young shoot or plant must be well protected from grasshoppers, locusts, termites and ruminants.

Watering must be done with extreme care to avoid collapse of the feeble plant due to pressure. Collapsed plants must be suitably supported. The young moringa plants must be nursed for 4-6 weeks before transplanting, when they are about 30 cm high.

Remove the polythene bag when transplanting ensuring that the roots of the plant are not damaged. Propagation by cuttings hard woodcuttings of one meter long and at least 4 to 5 cm in diameter can also be used for propagation. When planted, one third of the stem must be buried in the soil. Plants produced with cuttings will not have a deep root system and will be more sensitive to wind and drought. Cuttings are also more sensitive to termite attacks.

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The Future of Moringa

Farmers in rural or peri-urban Africa can easily undertake moringa leaf production. Its production creates employment, requires little financial investment and can be cultivated without using chemicals. The keys to a successful farm are pruning the trees to obtain bushy leaf-growth and regular but limited amounts of water and organic manure. By following these recommendations, a moringa plantation can produce leaves in abundance all year-round.

Processing is also an accessible activity that generates income for food processing businesses and rural farmers' associations. Sun drying is an inexpensive, efficient method used to obtain quality results. Milling does not require specific equipment; the mills widely used in Africa are perfectly adapted. Packaging has to be airtight and lightproof. The fundamental aspects of processing are hygiene and humidity control to ensure that the leaf powder stays perfectly dry until packaging.

Moringa leaves are an inexpensive source of proteins, vitamins and minerals for developing countries. Dried and milled, moringa leaves are easily stored and used by families who can then add the powder to their daily meals. The powder can also be used by food businesses to enrich their products in nutrients. Moringa leaves can help decrease developing countries' dependence on imported goods, such as vitamin and mineral complexes that ward off nutritional deficiency but are too expensive to be used in a sustainable way.

Moringa is categorized as a leafy vegetable like the leaves of the baobab, sweet potato, amaranth and hibiscus. These local leafy vegetables, either cultivated or collected, are all highly concentrated in nutrients. Their use had for a long time been shadowed by European vegetables considered more modern, such as cabbage, carrots etc. Though today, African consumers are showing a rising interest for these

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leafy vegetables, not only for their low cost but also for their taste and health benefits. The importance research programmes and NGOs have given these products, before considered outdated, has also contributed to revamping the image of local leafy vegetables.

This increase in interest for local foods and culinary traditions is part of a worldwide trend. The moringa leaf is a nutritionally rich, ecological, economical vegetable available in practically all countries with malnutrition issues

Moringa leaves are an excellent, concentrated source of proteins, vitamins and minerals. Of the 120 vegetable species tested for their nutrient content, antioxidant activity, gustatory qualities and the facility with which they are grown and processed, moringa leaves were top ranked by the World Vegetable Centre (AVRDC).

Moringa oleifera grows quickly and is easy to cultivate. The moringa leaf, fresh or processed into dried powder, can be used as an every-day food item in a multitude of ways: in ready-made meals, juices, breads, pasta, fritters, condiments, instant soups…

This food can be used in households, school cafeterias, dispensaries, nutrition rehabilitation centres, as well as in restaurants and supermarkets.

Moringa is an exceptional resource for developing countries. Processed or fresh, the moringa leaf is not only a new, promising source of income and employment, but also an outstanding, nutritionally rich vegetable for families and markets.

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THE SOCIO-ECONOMIC IMPORTANCE OF MORINGA

Moringa oleifera is one of the most useful tropical trees. The relative ease with which it propagates through both sexual and asexual means and its low demand for soil nutrients and water after being planted makes its production and management easy. Introduction of this plant into a farm which has a biodiverse environment can be beneficial for both the owner of the farm and the surrounding eco-system (Foidl et al., 2001).

Medicinal and Socio-Economic uses of moringa were known to the ancient world, but only recently has it been "rediscovered" as a multipurpose tree with a tremendous variety of potential uses. The pleasant-tasting edible oil which can be extracted from the seeds was highly valued by the ancient Roman, Greek and Egyptian civilizations for use in making perfume and in protecting skin, and during the 19th century. *M. oleifera* plantations in the West Indies were exporting the oil (known as Ben oil) to Europe for use in making perfumes and as a lubricant for fine machinery.

In the Indian sub-continent *M. oleifera* has long been cultivated for its edible fruit: today these are exported, fresh and in tins, to consumers in Asia and Europe. The edible leaves of the tree are very nutritious and are consumed throughout West Africa as well as in some parts of Asia. Powder from seed kernels works as a natural coagulant which can clarify even very turbid water, removing up to 99% of the bacteria in the process.

M. oleifera is certainly under-exploited at present. Its numerous uses as a vegetable, seed oil, gum, hedge tree, ornamental and medicinal plant, and its easy propagation and cultivation justify more intensive research into its biological and economic potentials.

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In Nigeria, those who will start moringa plantations today will start earning from its proceeds soon as the government has started using the seeds for water treatment in Zaria, Kaduna State.

A Malawian woman has empowered her fellow women in numbering over 5000 with moringa. She has a large plantation where she also has a processing plant. Now she exports moringa to Japan. The Japanese Government is funding her project now! You too can do it…

The Moringa plant has so much economic and financial relevance. These include in areas like providing carbon credits, combating global warming, use for biodiesel, use in the cosmetics industry, etc.

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TESTIMONIALS FROM MORINGA USERS GLOBALLY

The following testimonials are true stories from people using the various Moringa products.

- I will start with myself. I used to have severe lower back ache. After I started taking Moringa, I did not quite notice the pain disappeared until one day, I just noticed there was no form of discomfort around my waist area. And that was it. It never surfaced till today!
- Two women supposedly through with child bearing became pregnant within 4 months of using moringa seeds.
- A young mother of three, with chilly feeling in the chest was relived with the use of moringa seeds. Her child's severe ear ache stopped after moringa leaf-juice was squeezed into her ear.
- Two men that suffered and were weakened by malaria attacks regained vitality after the use of moringa leaves and seeds.
- A woman from Anambra State, involved in a vehicular accident, had her fair skin bruised which resulted dark marks on her skin. After chewing moringa seeds consistently from then till now, she noticed that her skin has also been healed.
- A man, diabetic since December 2002, also has chronic peptic ulcer, but after chewing a total of 300 moringa seeds within 10 weeks, he regained his weight, looks and vitality.
- A lady who had recurrent malaria, stomach ailment, dental caries with hole got healed from all these after using moringa leaves and seeds.

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- A woman that had agalactia regained full breast-milk production and let-down after using moringa leaf powder.
- A hair-dresser that had peptic ulcer and filarial skin disease was healed after consuming a total of 100 moringa seeds.
- A lady with phobia for small dark rooms marked by feeling of suffocation, got over this feeling with the use of moringa seeds.
- Two young ladies reported having recovered from dysmenorrhea (painful menstruation) and amenorrhea (cessation of menstrual flow) respectively, after using moringa leaf powder.
- Body fat was drastically reduced when a woman used moringa seed and leaves
- Some women used moringa seeds and leaves to improve and recondition their skin and hair.
- Sore throat, cough, skin boils, worm infestation were reported to have been healed using moringa seeds and leaves.
- Improved libido in men and women was also achieved by the use of moringa seeds and leaves
- A woman was scheduled for surgical removal of a skin tumor at the cost of N30, 000.00 got healed after the issue of moringa seeds!
- A middle aged man on the surgical list with pile also had the pile handled after using 100 moringa seeds.

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- A poor-sighted 60- year old woman who had used eye glasses for many years, could now see clearly (without eye glasses) after consistently chewing of moringa leaves.
- A civil servant that could not go to the office due to disease health condition resumed office work within 6 weeks of taking a glass of fresh moringa water squeezed from moringa fresh leaves.
- A lady who had severe back pain after delivery recovered after weeks of taking moringa leaf powder
- A 90-year old diabetic had his sugar level miraculously lowered by consuming powdered moringa seeds.
- An elderly man with diabetic sore hospitalized for 8 weeks whose legs was to be amputated to avoid whole leg ulceration used about 100ml of moringa oil got healed with skin restored and discharged within two weeks of use.
- A middle aged lady with hair loss challenge had fuller hair after using 33mls of moringa oil as hair cream.
- A man, over 40 years with non healing reddish sores had the sore 50% healed within 4 weeks applying crushed seeds once a week.
- A 50 year old lady had a toe cut by stone chewed 3 seeds made a paste out of it and applied on the bleeding wound, ten stuck to the surface of the wound, killed all the pain healing the wound within 4 days. She also used the moringa body cleanser (liquid supplement) to relieve her from HBP and cramps.

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- A young lady married for over 2 years with challenges that could not allow conception became a proud mother within 2 years of chewing about 6 moringa seeds daily.
- I normally didn't have a good sleep. But after using moringa for some time now I sleep like a baby. The moringa tree is very good. Thank God for such a good and miracle tree. **Cecilia from Ghana.**

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I ASSURE YOU, THIS MORINGA STORY WILL INSPIRE YOURS…

I went on holiday to stay with my children. The second day my granddaughter offered me some moringa powder. She said a lot of wonderful things about the powder. Just to encourage her, I took a teaspoonful of the powder and went to bed. The following morning I felt so light and I discovered that I slept very well. So, I started taking it twice daily. By the 7th day, my eight-year-old granddaughter brought his father High Blood pressure mini machine and insisted on checking my BP. I discovered that my BP had become as low as low 120/75. In my church, I am an active promoter of moringa.

From a Christian missionary in Benin, Africa: I'd like to give more detail regarding the Moringa Tree results that occurred in Benin, West Africa. I brought 4 lbs of moringa powder which I obtained from Rodney at Moringa Farms in California. I was told from my training at Echo Farms in N Fort Meyers, Florida those results from this powder for malnutrition is phenomenal. I listened but I needed to witness it to be convinced. We did an experiment on six very malnourished babies at an orphanage in Natitingou, Benin. They were listless, had orange hair and extremely bloated bellies. After the first week, their orange hair was already turning black again, they looked alert and Phoebe, the director of the orphanage, was dancing; she was so happy with the fast results. By the end of the second week, their hair was back to normal black and approximately eight inches of bloat from their bellies was obviously gone. Two of the babies were now walking, they were all playing and they were laughing. What a "miracle". **Madam Abiodun, Nigeria.**

A Must Read Moringa Success Story

It could be said without any doubt that the stage is now set for economic and health revolution in Nigeria by the power of moringa tree. Moringa also known as the Miracle Tree is a multipurpose plant, as the leaves, pods, fruits, flowers, roots and bark of the tree can be utilized. Moringa is a unique plant; experts have discovered that every part of the tree is medicinal and also an effective plant for the treatment of malnutrition in the third world countries. Moringa grows quickly in any tropical climate.

The leaves can be cooked, which looks like cooked spinach, or dried, ground over a screen for several days, and ground into a fine powder that can be added to almost anything as a nutrient supplement.

My Moringa journey started about two years ago, a friend introduced Moringa powder to me, based on my profession as a Food Scientist and I asked her how was it produced and the health benefits; she explained to me.

She got four seeds for me but left a warning that it may or may not germinate, I planted three out of the seed and ate one since she said the seed is also medicinal. Fortunately for me the three survived, I was very happy, I nurtured it throughout the dry season and it survived. Since she said it produces seeds, I decided not to touch it waiting for the seed to come out; meanwhile I went on the Internet to read about Moringa health benefits and how to go about the processing. I was amazed with what I saw and read about it, from there I was challenged and decided I'm going to plant and promote the use and health benefits of moringa to all the people around me.

Now the seeds I have been waiting for started coming out. I harvested lots of matured seeds from 2 trees still having some yet to be matured, and then cut

the third one down using it for leaf production for my family consumption. Today the story has changed; I have established my moringa farm, made a lot of money from the moringa powder, seed, seedlings and consultation and you too can. **Mrs. Oni, Ado Ekiti, Nigeria.**

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FREQUENTLY ASKED QUESTIONS (FAQS) ABOUT MORINGA

Q: Is Moringa oleifera just another dietary fad/super food?

A: Moringa oleifera has been in use for more than 2,000 years and is a very valued plant for a wide variety of applications. It has been revered for centuries in countries in Asia and Africa for both its healing and nutritive value. It is only now being discovered in western culture as people look to nature for health and treatment. In many third world countries, Moringa oleifera continues to form the basis for nutritional programs put into place by charitable organizations. The biggest challenge for Moringa oleifera is the "too good to be true" syndrome. It offers so much, that it is difficult to believe such a simple plant can be so useful.

Q: If Moringa oleifera is so good, how come I haven't heard of it?

A: Moringa oleifera is known by over 200 names in many different countries, which adds to its anonymity. It is usually the product of tropical and sub-tropical countries, where the hardy plant survives well and provides sustenance to native people. As a result, this product hasn't been commercially farmed and produced on an industrial scale. However, it is incorporated into many "proprietary" formulas for nutritional supplements and the Moringa oleifera oil is used in many luxurious cosmetics.

Q: With the accessibility to fresh vegetables in most shops, why is a supplement like Moringa oleifera necessary?

A: Time, not availability is usually the issue. Gyms, swimming pools and basketball courts abound, but we are more out of shape now than at any time in our history. In an

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ideal society, we would have the time to cook all of our meals from scratch with fresh vegetables that we can personally vouch for. However, most of us are so busy in the evenings with after-school activities, homework, travel, and chores, that meals are usually grabbed from the freezer or emptied from a can. As a result, our food is reconstituted, reheated, "enriched", preserved, and **genetically modified.** We have only to look at the health of our youth, with a staggering increase in obesity, juvenile diabetes, and autism, to determine that all is not well in the world of nutrition. Our bodies were designed to get our nutrition primarily from plant sources. Balance is the key and Moringa oleifera is a naturally balanced nutritional supplement.

Q: I have heard that Moringa is high in calcium. Is it safe for those who suffer from lactose intolerance?

A: You have heard right. Moringa is rich in many nutrients and has a high calcium value, pound for pound, 17 times the calcium in milk. Despite this, it is safe for all to consume, including those who are lactose intolerant, as it doesn't contain any lactose.

Q: Do I need a prescription for Moringa?

A: No, you don't. It is a completely safe and natural product, which contains ingredients your body will recognize for their nutritive value. Moringa is one of the few plants that can be consumed by the entire family. In fact the World Health Organization recommends feeding malnourished infants and children Moringa on a daily basis. If you are concerned or suffer from a medical disability, we recommend you speak to your health care practitioner before consuming Moringa products.

Q: What are some of the health benefits to consuming Moringa?

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A: There are many health benefits to consuming Moringa, which is why it has earned the title of a super food, and is also sometimes known as The Miracle Tree, or the Tree of Life. While the benefits vary in degree from person to person, our customers have reported improvement in digestion, vision, energy levels, mental clarity, and overall well being. They also use Moringa to support a healthy blood sugar level, as a nutritional support for diabetes, and as an overall health and wellness supplement.

Q: Are there any side effects I may experience?

A: Moringa is chockfull of vitamins, nutrients, antioxidants, and amino acids. According to the International Organization, Trees for Life, extensive research conducted at the Noguchi Memorial Medical Research Centre in Ghana has found that Moringa leaf powder has no toxic elements and no side effects were observed even in families consuming high amounts of Moringa.

However, each person is unique and responds differently to Moringa. If you do suffer any side effects, they may range from mild headaches and upset stomachs, to nausea. This is simply the result of toxins being eliminated from your body. Gradually, these side effects should disappear.

Q: How does Moringa acts as Detoxifier?

A: Moringa seeds are well known for its use to purify dirty water. Moringa seeds when mixed with impure water will absorb all the impurities. In the similar process, Moringa attracts the toxins from the blood and removes and excrete toxic build up.

Q: Can Moringa supplements be taken with other prescriptions?

A: A Moringa supplement is a 100% natural product made from the parts of the

Moringa tree. People have been taking Moringa for hundreds of years as a staple food and have not reported any problem since then. However, we suggest you to consult with your Physician whether you can take these supplements along with other prescription medicines.

Q: What is the best method to take the Moringa powder?

A: The best way is to mix it with any beverages. A teaspoon of Moringa powder mixed in a glass of Orange juice will give you a wholesome drink filled with Nutrients. It can also be mixed in food (rice, pap, etc) and soup preparation.

Q: How effective is Moringa?

A: A lot of research has been done about Moringa and has been part of the daily diet of people around the world because of its nutritional and medicinal properties. Moringa has saved millions of lives in poor countries where malnutrition is prevalent because of its high nutritive value. John Hopkins has released a scientific paper regarding some of the medicinal properties of Moringa.

Q: How many Moringa capsules should I take a day?

A: The suggested daily intake is 4 capsules a day. 2 capsule in the morning and 2 capsule during lunch time. These are the times when your active body needs it most.

Q: I want to lose/gain weight. Will Moringa help me in losing/gaining weight?

A: The good thing about Moringa is that it has all the essential vitamins, minerals and amino acids that our bodies need in natural form and generous quantities. If you want to lose weight and you are on a controlled diet, taking Moringa will ensure you are

getting all your essential and vital nutrients. On the other hand, if you want to gain weight, moringa increases your metabolism and helps to increase your appetite.

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MORINGA WEBSITES

www.moringawealthandhealth.com
www.moringamama.com
www.moringanews.org
www.treesforlife.org
www.tfljournal.org
www.miracletrees.org
www.echonet.org

USEFUL LINKS

http://www.echonet.org/moringa
http://www.hort.purdue.edu/newcrop/duke_energy/moringa-oleifera.html
http://www.unv.org/projects/pdrca/pdrca22.html

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http://www.mobot.org/MOBOT/research/gradstudents/olson/moringa/html

http://www.le.ac.uk/engineering/staff/sutherland/moringa/general/general.html

http://www.winrock.org/forestry/factpub/factsh/moringa.html

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FINAL WORD…

Dearly beloved, how is your health? I trust you are good... I believe God has been faithful! More people are getting to know about Moringa and are applying it for different purposes and getting astonishing results. I get more excited by the day, hearing testimonies of infertile couples having babies after taking **Rapha Moringa seeds**, **Rapha Moringa leaf powder**, etc. Other testimonies about High Blood Pressure being arrested after taking **moringa oil** in combination with **Rapha quail eggs** and leaf powder, fibroid shrinking while taking **Rapha Moringa Detoxifier** and many more...

We are fulfilled hearing testimonies like these. If you have a health challenge that seems so stubborn and refused to go even after spending much money. You are about to encounter solution. But please take note that...

"IT IS NOT ALL ABOUT MORINGA, BUT ALL ABOUT GOD! "

God gave the Moringa plant to humanity and His grace upon the humble plant is working wonders...

Sincerely, God is good! He loves you and has the best at heart for you. No wonder the Bible says ***"Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers." 3John 1:2(The Amplified Version).*** God made provision for your total well being right from creation. The Word says in **Genesis 1:29**-And God said, See, I have given you every plant yielding seed that is on the face of all the land and every tree with seed in its fruit; you shall have them for food.

As for Moringa oleifera, you see that God wants to show us that it is not the big names in the **Pharmaceutical** industry that will help us "Instead, God chose things the world considers foolish in order to shame those who think they are wise. And he chose things that are powerless to shame those who are powerful"-***1Corinthians 1:27.*** So now you see? Moringa- considered foolish and looked down upon is now the answer to many health challenges and more...

Again, did you notice that more and more knowledge about natural ways to solve human health challenges are springing up lately? Things like sea salt, quail eggs, etc. We shall soon start a blog on medicinal value of sea salt, to educate you about its many medicinal uses too. For quail eggs, you may read some information about it here.

But more importantly, all of this is in fulfilment of the Word of God inDaniel 12:4 "But thou, O Daniel, shut up the words, and seal the book, even to the time of the end: many shall run to and fro, and *knowledge shall be increased*." (Emphasis mine)!

Sincerely, I must tell you. This seems to be the time of the end we are living in...**(Please pause here and think for a while), then click here.** You were probably looking for information on how to cure cancer with Moringa but God has brought you here to also think seriously about your life with respect to our times. Please do not take this casually! Visit this link for help for your life now... Need more help counselling? Call any of these lines:

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ABOUT ME

*I am **Anzenge, Solomon Ternder**, happily married to my beautiful wife, **OluwaDamilola**. We are blessed with a precious Jewel-**Myom Redeemed** (Deem Deem), our daughter and a Blessed Big Boy, **Ter'Nguuma**. I'm a privileged God's Servant, with determination to reach my world with the **GOSPEL**, both **online** and **offline**. I am driven by the passion to set lives at liberty one day at a time, with the instrumentality of the Word of God.*

*I am a **Digital Media Consultant**, a **Techie**; The **ProBlogger** at www.solomonternder.com and www.moringawealthandhealth.com; a **Researcher** and **Writer** (You can hire me for writing services).*

*My wife and I have passion for delivery of highly benefiting health information through **seminars, workshops, trainings** and **coaching**. You can reach us on +2348065387819, +2348122964741 or +2348066646868.*

Check out my second Moringa ebook, an amazing ebook you would like to read here

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